

Indiana Blood Donation Education

Blood Donation Information for High School Students



Indiana State
Department of Health



Indiana
DEPARTMENT OF
EDUCATION



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@StateHealthIN

Working Together for Student Success

IN Code and Blood Donation Education

IN Code 20-30-5-16

Human organ and blood donor program instruction

Sec. 16. (a) Each school corporation shall include in the school corporation's high school health education curriculum instruction regarding the human organ donor program and blood donor program as adopted by the state board, including:

- (1) the purpose of the human organ donor program and blood donor program;
- (2) the statewide and nationwide need for human organ and blood donations; and
- (3) the procedure for participation in the human organ donor program and blood donor program.

(b) The department shall, in consultation with the state department of health or any other appropriate organization, develop human organ donor program and blood donor program educational materials to be made available to school corporations to assist teachers assigned to teach the material described in this section.

(c) The:

- (1) department shall develop guidelines; and
- (2) state board shall adopt rules under IC 4-22-2;

concerning the instruction required under this section to assist teachers assigned to teach the material described in this section.

[Pre-2005 Elementary and Secondary Education Recodification Citation: 20-10.1-4-14.]

As added by P.L.1-2005, SEC.14



Educator Notes

Prior to using this presentation, please consider:

- This presentation is written for high school students who are eligible to donate blood. More detailed information may be added to each section depending on the needs and student populations.
- Supporting information may be found in the notes section of each slide.
- [Indiana Department of Education](#) (IDOE) and [Indiana State Department of Health](#) (ISDH) are available to answer questions or provide additional information.
- Information about organ donation may also be found at IDOE's [website](#).



Purpose of Blood Donation

A blood donation is a “gift of life” that a healthy individual can give to others in their community who are sick or injured.

In one hour’s time, a person can donate one unit of blood that can be separated into four individual components that could help save multiple lives.

From one unit of blood, red blood cells can be extracted for use in trauma or surgical patients. Plasma, the liquid part of blood, is administered to patients with clotting problems. The third component of blood, platelets, clot the blood when cuts or other open wounds occur, and are often used in cancer and transplant patients. Cryoprecipitated antihemophilic factor (AHF) is also used for clotting factors.



Notes

Blood types are determined by the presence or absence of certain antigens, or substances that can cause an immune response if they are foreign to the body.

These are A and B antigens located on the surface of red blood cells, along with the Rh factor, which can be present or absent.

The eight most common blood types are A+, A-, B+, B-, O+, O-, AB+ and AB-.

A person with Type O- blood can donate to anyone.

A person with Type AB blood can donate plasma to anyone.

Learn more at <https://www.redcrossblood.org/donate-blood/blood-types.html>



How do I participate in blood donation?

Individuals aged 17 and older who are in good health and not experiencing symptoms of cold, flu, or COVID may donate blood. Donors who are 16 years old may donate but must have parent/guardian permission. There is no maximum age for donation. Donors must be in good health and meet minimum criteria to donate.

**Females - If you are (height),
you must be at least (weight).**

4'10 - 146 lbs

4'11" - 142 lbs

5'0" - 138 lbs

5'1" - 133 lbs

5'2" - 129 lbs

5'3" - 124 lbs

5'4" - 120 lbs

5'5" - 115 lbs

5'6"+ - 110 lbs

**Males- If you are (height), you
must be at least (weight).**

4'10 - 120 lbs

4'11" - 115 lbs

5'0" - 110 lbs



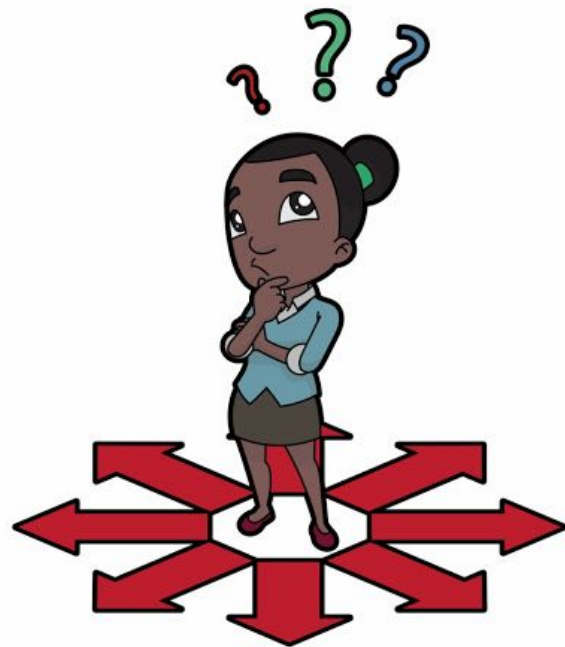
Should I donate blood?

Should I donate blood?

The American Red Cross says 4.5 million lives are saved every year by blood donations, so maintaining the blood supply is critical.

How do I participate in Blood Donation?

A complete list of local blood drives in Indiana is available on Versiti Blood Center of Indiana's website. Donors are asked to make an appointment immediately by calling 317-916-5150 or visiting <http://www.versiti.org/Indiana>.



How often am I able to donate blood?

Blood is made up of four different components, and the time between blood donations varies by the component. Time restrictions are set by the Food and Drug Administration (FDA) for your safety. You can donate according to the timeline:

- Whole blood: every 56 days (8 weeks)
- Red cells: every 112 days (16 weeks)
- Platelets: every 14 days (2 weeks)
- Plasma: every 28 days (4 weeks)



"Blood Basics - American Society of Hematology." Blood Basics, American Society of Hematology, 2020, www.hematology.org/education/patients/blood-basics.

Do any conditions prevent me from donating blood?

Some conditions might prevent you from donating, including:

- Receiving any blood transfusions in the last three months
- Having a history of hepatitis B or C
- Being a high risk for HIV/AIDS
- Using or having taken Tegison
- Being symptom free of [COVID symptoms](#) for 14 days (Versiti)
- Using needles to inject anything not prescribed by your physician in the past three months



Can I donate blood if I am LGBTQ+?

All blood donors complete a pre-donation health history screening and must meet eligibility requirements.

All blood is tested for infectious diseases prior to being distributed.

The U.S. Food and Drug Administration (FDA) says individuals who have tested positive for HIV should not donate blood.

The FDA also has [guidance](#) for reducing the risk of HIV transmission through blood products.



What should I expect when I donate blood?

The process of donating blood takes about an hour. This easy, four-step process can help save lives.

- **Interview.** During the first step, the interview, a trained technician will review the donor's health history information.
- **Screening.** After the interview, the blood collection staff member will check the donor's blood pressure, pulse rate, temperature, and iron level.
- **Donation.** The actual blood donation procedure usually will take about five to ten minutes.
- **Refreshments.** After the donation, the donor can enjoy some refreshments so that fluids are replenished and to avoid a drop in blood pressure.



Where will my blood go?

Where does my blood go after I donate it?

Most blood goes to hospitals for transfusions for patients in need. Versiti supplies programs locally and nationally.



Credits and Contributors

American Red Cross: <https://www.redcross.org/give-blood.html>

“Blood Donation Facts & Statistics – Become a Blood Donor.” *Stanford Blood Center*, 2020, www.stanfordbloodcenter.org/donate-blood/blood-donation-facts/.

“Blood Basics - American Society of Hematology.” *Blood Basics*, American Society of Hematology, 2020, www.hematology.org/education/patients/blood-basics.

Centers for Disease Control, 2020, pp. 1–14, Revised Recommendations for Reducing the Risk of Human Immunodeficiency Virus Transmission by Blood and Blood Products.
<https://www.fda.gov/media/92490/download>.

Indiana State Department of Health: <https://www.in.gov/isdh/>.

“Indiana.” *Versiti*, 2020, www.versiti.org/indiana.

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